

Hose Drag

Description of the test:

At the instructors signal the applicant will grasp one section of three (3) inch fire hose at the coupling and drag it toward a pre-determined line which will be clearly marked at one hundred fifty feet (150'). The applicant may choose to pull the hose across the shoulder for a more secure position.

Equipment to be used:

There will be one (1) section of three (3) inch hose or two (2) sections of two and half inch (2 ½") hose making a one hundred foot (100') distance.

Measures:

This exercise measures the applicant's muscular strength, endurance and cardiovascular endurance.